**Trauma-Focused Cognitive Behavioral Therapy**

TF-CBT is a time-limited, evidence-based treatment for children who exhibit behavioral or emotional symptoms as the result of having experienced a trauma.

**Referral Criteria**

The criteria below can help to identify which youth to refer to TF-CBT. A trained clinician will further assess referred youth to determine if in fact the youth is appropriate for TF-CBT.

* The youth is between 3 and 18 years old.
* The youth has experienced at least one **identifiable** trauma that the child remembers.
* The youth exhibits **symptoms** as a result of the trauma. Symptoms may include PTSD symptoms and/or other trauma symptoms such as depression, anxiety problems, etc.
* The youth is expected to be in a stable placement through the course of treatment. Basic needs are met in the home and there is no severe, ongoing conflict in the home. Ideally, the youth has a supportive caregiver willing to participate in treatment.
* The youth **does not** present with any of the following:
  + Active suicidal plan, or intent
  + Uncontrolled bipolar disorder or manic symptoms
  + Uncontrolled psychosis, schizophrenia, or schizoaffective disorder
  + Uncontrolled obsessive-compulsive disorder

The appropriateness of youth with intellectual disabilities or autism spectrum disorders will be determined on a case-by-case basis.

**To refer a youth for screening for TF-CBT, please contact**

**Evolution Counseling Services, LLC at (814) 201-2751 or   
visit** [**www.evolutioncounselingservices.com**](http://www.evolutioncounselingservices.com)



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